11

Are the sensible Qualities
of the Air, of Cold — cont?

given of this fact is correct. I infer from the parts thus tinged of a red color, being pale before they become red, and after a while becoming blue or livid from a tendency of the parts in which the red blood is effused to a mortification. We see the same results in the parts of hard-drinkers, and of persons subject to anger, & from the same relaxation & previous state of the capillary vessels induced by the frequent determination of blood to that part of the body. —

4 We are told the Cold Bath ~~acts~~ acts by a stimulating power, and hence its great usefulness in a debilitated state of the body. — The ~~first impression of~~ Cold water in this ~~body is~~ case acts in ~~one of two~~ two ways. ~~or both~~

~~the~~ It stimulates mechanically by the force with which it is impelled against the body. This is evidently the case with the Shower bath, and 2ly it abstracts heat and ~~excite~~ induces excitement, and thus accumulates excitability upon which the common stimuli of life – the exertions in the bath, & in coming out of it, and the external air (now much warmer than the body) all act in such a Manner as to produce elevated excitement and in some cases the morbid excitement of fever. The primary effects of the Cold Bath are indirectly sedative. Its Shower is wholly of an indirect nature. 5 It ~~is said~~ has sometimes in a Draught of Cold water suddenly induced partial or

general sweats. Are not these sweats the effects of a stimulating power of in cold? - I answer - no - the cold water in this case acts only by reducing the System to the sweating point. We see the same thing occur from bleeding, and from other depleting medicines. We see it likewise from the external application of cold water to the body in a fever. I have once seen this sweat in a fever confined exclusively to the part of the body to which the cold water was applied. It was in a patient in the Pennsylvania hospital. -

6th The Critis anserina which is induced by cold, has been ascribed to its supposed stimulating power. This appearance ~~It is probably the~~ upon ~~relaxed state of~~ the Skin ~~is~~ is probably

V or if he not its natural state, it may be induced by such a partial contraction of the Skin from the Abstraction of the Stimulus of heat - as to leave a part of the extremities of the nerves or blood = = vessels in their natural state.

its natural state, and would exist constantly were it not prevented by the action of heat upon it which gives it a smooth and uniform surface. — I have seen it after death, and in very warm weather. V

y The stimulating effects of Cold have been inferred from the discharges which take place from the eyes & nose in cold weather. They arise from a defect of absorption in consequence of the torpor induced upon the lymphatics by cold. — The same torpor induced by other causes produces the same discharges from the eyes and nose of old people.

& Fainting is often cured by throwing a little cold water upon the face. This fact is urged in favor of the stimulating effects of Cold. The stimulus here, is the

weight and force of the water acting upon a sensible part of the body in a state of excitability suddenly accumulated, and that in the highest degree. —

2 The pulse is quickened by the action of cold water upon the whole, or part of the body. The first action of cold water when thus applied, is to reduce the force & frequency of the pulse. It does so only by its sedative power. The subsequent frequency of the pulse is the effect of the debility induced upon the Arterial System by the cold, accompanied with a degree of morbid action.

Since we see the same thing in low fevers, and after the operation of fear which is universally admitted to be of a sedative nature.

10 We are told that cool or cold air is often an exciting cause of fevers - and that

V Not only fevers, but even convulsions in the ~~nervous~~ muscular System, are sometimes brought on by the same Idiatick Causes.

it must act in this case by a stimulating power. To this I answer ~~the fact is~~ - that the cold, or cool air may act in two ways 1 by checking perspiration which by stimulating the Capillaries directly, or by being absorbed, and thrown upon irritable parts, may induce fever, or 2ly it may act by suddenly destroying the equilibrium as I formerly said of the System by its sedative power. In this way a temporary fever is sometimes induced by fear and grief both of which we know to be sedative passions. A fever is even induced by bleeding when advised and remove Congestions in the brain, this remedy we know to be of a sedative nature. ~~and fear the dread Operation~~. I know the followers of Dr Brown ascribe the production of fever to the heat which succeeds the application of Cold to the body, and

9ly and lastly. I infer cold to be a sedative from its always indicating accumulating excitability in the parts of the body to which it is applied. All nourishments of all kinds expend excitability, or convert it into excitement. This single fact is sufficient to establish the principle I am defending. In speaking of the accumulation of excitability by cold, take notice I mean only when it is suddenly applied, and continued for a short time. When applied a great while it is expended as in the cold climates of Sweden & Russia.

V The abstraction of light, as fear is the abstraction of courage, & cold is the abstraction of strength, as debility is the effect of the abstraction of heat. + I shall resume and apply this doctrine when I come to treat of the cure of fevers.

+ So forcibly did the truth of the opinion I have defended, strike the late Dr Beddoes that he has left it upon record, that if he were to fix upon a criterion to establish the greatest possible prejudice or obliquity of the human understanding, it should be

hence they have changed the common
phrase of taking a cold to "taking a heat".
That fevers are sometimes taken in this
way there can be no doubt, ~~but it is~~
~~only when the heat exceeds the long and~~
~~feeble degrees~~ but I believe they are
much oftener induced in the ways I have mentioned viz stoppage of perspiration or by the sedative action
of the cold suddenly destroying the equilibrium of the system. The autumnal fevers
appear to be brought on in this way
when they make their first attack after
wearing too thin Cloathing, or sleeping under too light a bed covering. — The action of the
Cold is much favoured by the body being
impregnated with miasmata from vegetable
& animal putrefaction ~~at~~ in the fall of
~~I shall resume this subject when~~
of the year. ~~I have treated of fevers~~ ~~with the heat~~
I conclude ~~therefore that~~ therefore that
as moral evil is the effect of the abstraction of
moral good, as Darkness is the effect of

a belief in the ~~fo~~ stimulating effects of Cold
& the sedative effects of Opium. I ~~subscribe~~ concur in
the truth of the remark.

V In this ~~re~~ respect it follows the analogy of
the negative wils to which I have just
now compared it — for moral evil, —
Darkness, ~~and~~ fear and Debility all produce the most
serious positive ~~ef~~ effects.

~~Weight~~ and force of the ~~water~~ acting upon a sensible part of the body in a state of ~~the highest degree of accumulated ex-~~ citability suddenly accumulated, & that too in the highest degree

While I thus ~~deny this~~ ascribe a negative quality, or a sedative operation to Cold, I admit that it produces many positive effects upon the System. I shall now proceed to enumerate the morbid effects of Cold. They will furnish many further proofs that Cold does not possess a stimulating power.

Cold induces debility and excitability upon the Arterial System, and thus disposes to all the different forms of fever. When very intense, it creates pain in the breast. This was sensibly felt by the

V It likewise weakens and sometimes destroys sensibility, and that to such a degree that M^r Mears tells us the natives of the Northern extremity of our Country feel no pain from Wounds made with Flaps in the Soles of their feet.

French Academicians who went to measure a degree near the North Pole, It sometimes brings on Hæmoptysis. It also disposes to pain & old sores to bleed.

2 It affects the nerves with torpor, and thus disposes to the hypocondriac Disease.

3 It produces langour in the muscles & an indisposition to Voluntary motion. hence it has been said the inhabitants of cold Countries were made to be slaves — the will being too weak in them to overcome the langour in their muscles, it should be stimulated into action by the will of a master. This Argument to be true should be reciprocal as between masters & Slave, for the effects of Cold are the same upon each of them

4 Cold when intense, ~~induces first headache, then sleepiness and afterwards~~ acts upon the brain, and induces pain - Sleepiness

‡ By keeping perspiration, and thus removing the natural moisture and softness of the skin it dulls the sensation of touch.

W says that animals that perish with cold retain their appetites to the last of their lives.

Cold when applied permanently changes even the figure of the face. It contracts the eye lids - and arches the eye brows - By the purpose of the lower jaw against the upper, to keep the pain of cold it elevates the cheek-bones and keeps the length of the face and thus produces that impression of generations the contracted & broad face of the W. is observed in the inhabitants of cold northern countries. Pitna

and death. 5

5 It delicitates the faculties of the mind.

6 It affects sensual of the senses. I have already mentioned its effects upon the sense of touch in inducing pain. It lessens the acuteness of taste and dulls the sense of vision, in part probably by its being generally accompanied with the reflection of the rays of light from the snow.

7 Cold invigorates the appetite, especially for animal food. Horses eat more in open stables than in close and warm ones. The stimulus of aliment serves to counteract the debility induced by the cold. It even awakens appetite in hot climates when it succeeds a hot day in the middle of the night in warm climates. Dr Arbuthnot

8 The effects of cold upon the skin are as various as the effects of heat. By

V Cold when applied for a long time
produces sores and Ulcers on the Skin.
This was remarkably the case on
board the American Sloops of War in the
Dardanelles in the Winter of 1811.12.

Obstructing perspiration it disposes to cutaneous eruptions. When it has not this effect, it encreases the secretion & discharge of Urine. This is so frequently the case that Dr Sydenham recommends the application of it to the Skin to remove the suppression of Urine which sometimes takes place in malignant fevers. - It renders bleeding difficult, and hence the propriety of resorting to other modes of depletion in the fevers of cold climates. When applied for a long time it produces a dark color upon the Skin resembling that which is produced by the long application of heat. Cold weakens the Venereal appetite. Perhaps it may have this effect by the dread it induces of the difficulties of supporting a numerous family of Children

V It appears not only in the reduced size of the body, but in the shorter length of the face. The latter is indeed by natural operation of the cold is aided by prepare to obviate cold in the limbs & body. and by the ‡

IV I shall conclude this account of the positive effects of Cold by taking notice of a fact lately established by a number of experiments made by Dr DeLaRoche of Geneva, and that is - animals live longer in a temperature of air lower by a greater number of degrees than 96 or animal heat, than above them.

VI effects of heat.

‡ the prepare of the lower upon the upper jaw. The last shortens the face.

when ~~for~~ the means of subsistence are
less abundant than in warm countries.

10 Cold contracts the solids of the human body
in such a manner as to diminish this
a lapse of generations the size of animals.
The human body is lessened by it. This is
observable in the inhabitants of the extremity
of the north of Europe. It is by its contra-
-ting ~~on~~ the fibres ~~of the body~~ that ~~a few~~
~~Degrees of~~ cold water encreases the pain of
the rack when thrown upon the body.
It ~~is~~ acts by encreasing ~~this~~ tendency to
a solution of continuity. ~~Less~~ the pain of
contraction is added to that of distention. —
Let us next inquire into the relative
effects of cold in producing disease, and here I
shall follow the same order as in speaking of the relative
Its morbid effects are lessened by its
Uniformity. The most healthy winters I
have known in Philad.a have been those
in which a dry - uniform cold prevailed.

V This is obvious every day from the insensibility of the face and hands not only to the coldness of the air, but to the coldness of the water with which we wash ~~our hands & face~~ them every morning. The association of the hands and face with the whole body is destroyed by habit. The same thing does not take place when the feet are immersed in cold water. The whole body sympathizes in the cold indeed in them.

I observed ~~this~~ it the first time in the year 1764 when a student of medicine. Diseases are locked up in Canada ~~and~~ Norway & in Russia during the winter. [Even the Catarrh (the usual disease of variable the winter) is unknown ~~in that~~ Dr ~~Russia, and the~~ Guthrie tells us in ~~the latter country~~ the latter country]. The ~~Same Account~~ same Account is given by Pontoppidan of the healthiness of the winters in Norway. They are so in all those Countries, only because they are uniformly cold & dry.

2 The morbid effects of Cold are ~~increased~~ lessened by time and habit. Cold after a while produces insensibility, not only to itself, but to heat. This has often been observed in the West In=dies, where the Europeans bear the intense

V It is felt every day from the insensibility of the face and hands to the coldness of the water with which we wash them every morning.

heat of the Sun better than the natives of the Islands. This insensibility to heat is to be acquired only by ~~living in a Climate~~ the long action upon the body ~~Heat~~ of Cold, alternated with little heat. In a Climate like ours we lose the insensibility ~~of~~ to Cold contracted ~~by~~ in a single Winter by the preceding heat of the Summer. The man therefore who attempts to fortify himself against the Cold in Pennsylvania by light Clothing will have his work to begin and do over again every Winter. If he should acquire his long sought for insensibility to Cold it will be in the same way in which a Farmer taught his horse to live without eating. ~~His experiment succeeded but~~ As soon as the poor Animal ~~died immediately~~

V the feet and trunk of the body from
an insensibility to cold contracted from
~~wearing them too small~~ by
their being more constantly exposed to
the Cold.

who perfectly taught his own Lesson, he died.]—

3 They are exposed by the natural insensibility of some parts of the body to this operation. The lungs feel the cold, much less than any other part of the body. The head is insensible to it in the next degree. From this ~~activity~~ powers of resisting cold in the head ~~of the brain~~ that it is seldom perhaps ever cold in the old fit of an intermittent. The hands & arm suffer less than

4 They are exposed by ~~acting upon~~ in all those persons who are affected with the Leprosy of newborn Themison — that is who possess a predisposition to nervous Diseases. These hysterical patients ~~have~~ suffer least in Cold weather.

5 They ~~are~~ are less hurtful to Children than to grown people. Dr Priestley relates an instance of a Child being found alive upon ~~its~~ the back of its mother who was frozen to death.

V provided they do not exceed the 98°
or the natural temperature of the human
= man body. Beyond this grade, no
sensation of Cold is felt from the de=
=scent of the mercury in the thermometer.

The morbid effects of Cold are increased,
The Cold
1 by previous heat. ~~this~~ acts differently
according to the following circumstances.
1 the degrees of previous heat. the higher the
grade of heat the more sensibly the small
deviations from it act upon the body,
but the mercury
Dr Heydone says the air when it fell from
112° to 80° after a sirocco wind
had passed over the City of Naples, was
attended with a painful sensation of Cold.
Baron Humboldt informed me that the
sudden fall of the ☿ from 90° to 80° gave him
the a similar sensation in South America.
The sensation of Cold was exquisitely still
more painful to Dr Hodgye when he passed
from a room in which the mercury
stood at 110°. into the open air in which

V The pestilential effects of the night air in Egypt depend chiefly upon the difference between its temperature, and that of the preceding day. But

it was 45°. Dr Moseley's facts upon this subject are still more to our purpose. From the great relaxation & debility of the nervous system in tropical climates the most trivial change in the air wch makes but a small variation on the thermometer is productive of a sense of (says the Doctor) "If the heat of the air should sink to 72° and remain stationary for a day, in places where the medium is 80°: it produces an aguish, or chilly sensation that is hardly to be described. Again - adds the Doctor "In the habitable mountains where the air is scarcely ever so cool as what is called temperate in Europe: people who go there suddenly from the low lands, find the coldness at first hardly supportable

"and that intolerable coldness which is felt at the summit of the Blue Mountains in Jamaica (about 2400 yards above the level of the sea) is but the effect of the suddenness of the change from the scorching heat below. The thermometer on these mountains is about 44° in the day time & 20° at night".

The diseases produced by this alternation of heat are from a slight to a moderate grade, viz: fevers, spasms - and a numbness in the limbs. The first occurs in the Westindia Islands. The second viz spasms in the Eastindies, & the last viz: numbness was observed in the soldiers who marched from Suez to Cairo in the year of the French & English campaign in Egypt. So numerous are these diseases in hot Countries, that Dr. Moseley has well remarked "however paradoxical it may appear, cold to be

V But how shall we reconcile these facts with the account we gave of the insensibility of the body to those great transitions from ~~to intense~~ heat to cold in Finland, Russia & South America. I answer, the heat of the baths in these cases is more intense, and more destructive to sensibility than the ordinary heat in the West Indies. In the latter country, heat so far from destroying sensibility often increases it. But there may be another reason why the an extreme of cold does not induce disease when it succeeds ~~to intense~~ great heat. It may by its sedative and great sedative power to produce reaction in ~~this~~ the system, and thus counteract its own morbid effects. In the same way we often suppose, from standing on walking in an air at 32° than at 45, or 50°. The former produces reaction; and this prevents ~~the~~ disease. The Cattle =

the Cause of ~~all~~ almost all Diseases in hot Climates to which Climate Alone is ~~neces~~ necessary. It is for this reason the Doctor very justly says the natives of the Islands are always in a state of predisposition to disease.

2 Cold acts differently according to the duration of previous heat. The longer the body has been exposed to heat the less it suffers from the Cold, in consequence of the heat destroying sensibility not only to itself, but to Cold likewise, and the shorter the Duration of the heat which produces Cold, the more hurtful it becomes to the body.

3 It acts differently according to the greater or less excitability of the System. It has been observed that certain Animals perish in a degree of Cold in the beginning of Winter that revives them in the Spring. In the former season this

= degrees of Cold act too feeble as a sedative for that purpose. ~~This~~ The inhabi-
= tants of Cuba (Ulloa tells us) when mo-
= derately wet, plunge themselves into the
first Stream of Water they meet with,
in order to avoid taking Cold. The quantity
of Water in this case brings on reaction,
and thus prevents disease. A Cold Bath
at 50° is often safer and more salutary
for the same reason than a Bath at 75°.
The former by its greater depression of the
System, produces greater reaction. This remark
will be applied ~~to the~~ in speaking of Cold as a
remedy. It teaches us the danger of using very
cold water in Violent Diseases. It is rendered
less hurtful by being applied a great while
so as to weaken the irritability of the
Vessels. return to 2. p. 57.

If Cold water poured under the Sleeve of
the Coat with the arm elevated gives great
pain. It is one of the modes of punishment
in the Jail of this City.

excitability is exhausted — in the latter, it is accummulated by the ~~previous~~ cold of the previous Winter. —

4 It acts differently according to its greater or less variations. As small variations
more easily — when the mercury fluctuates between 60 & 62.
of heat produce disease, so do those of ~~cold~~, 10 to 20
provided they ascend from ~~are between~~ the ~~...~~ ... or below 20: —
then 30 & 40 is more injurious than 10 & 20
5 The morbid effects of cold are increased by the frequency & suddenness of the ~~cold~~ alternations of heat and cold. — Recollect here what was said of the gradual & sudden application of heat to the body.

6 ~~they are~~ Cold acts more or less certainly in producing disease according as it is ap=-plied to ~~a part~~ the whole, or a part of the body, or upon a part that has been confined from, or exposed to the action of the air.‡ Cold feet often produce Catarrh, colic, and even palsy & apoplexy. The cold hand of a ~~phy~~sician will sometimes produce a rigor in the whole body of a

A Lady died of a Consumption in this city about 40 years ago by ~~in consequence of~~ out of her feet ~~the feet of her bathing~~ sitting a whole evening with chilled by stepping into a gutter of cold water. It is from the partial effects of cold upon the body, that more colds are taken by sitting before a large fire with the back exposed to Currents of ~~cold~~ cool air from leaky doors & windows, than from exercising a whole day in the open air in cold weather with every part of the body alike exposed to it. The Consumptions which have so much increased in ~~our country~~ of late years among the women of our country I believe are owing in part, to their naked elbows and ~~wrists~~ arms. Those parts sympathize in an eminent Degree with the lungs.

The partial application of cold is felt when it is applied to the lungs only. Cold air inhaled while the body was warm reduced the pulse 5 strokes in a minute. It is from this partial action of cold upon the body thro' the medium of the lungs that colds are

patient, and I know a gentleman in this city [mr Geo: Clymer] who is subject to a Cough, who can excite a fit of coughing at any time by putting his hand out of bed. — by putting his hand out of bed. — A Current of Air against the neck often brings on tremor, stiffness, inflammation on that part of the body, and sometimes trismus or a locked jaw. I once knew a young woman who by at any time leaving off a ribbon which she usually wore upon her cap, was affected with Coryza, and we had a Citizen of Philad.a who was affected with Catarrh every time he passed a forenoon with his shoes down at the heels. All these indispositions and diseases are the effects of the loss of the equilibrium of the System. They should teach us the importance of guarding

= are so often taken ~~in bed~~ by invalids who sleep in a cold room, after passing the whole day in a room of a warm & pleasant temperature. return to p 60 =

~~part of~~ the body from the partial or unequal effects of Cold in all ~~their~~ discases predispositions to disease.

The morbid effects of the same degree of Cold are much encreased by being combined with Wind. ~~It disposes to~~ Diseases of the breast are often induced by them.

Moisture encreases the morbid effects of Cold. ~~It~~ It acts like Wind by carrying off the heat of the circumambient body. The Cold of great Britain at 30° is much more disagreable than the Cold of Russia at 10°. The Russian Sailors who spent part of the Winter 1771 at ~~Spithead~~ ~~Portsmouth~~ Plymouth declared that the moist Cold of England was far more insupportable to them than the coldest weather they had ever before felt in their

V It is to the common operation of cold and moisture that the Scrophula is more common in Great Britain than it is ~~this~~ any other country. The poor suffer most from this disease chiefly because they are more exposed to its remote cause from the want of sufficient fuel and cloathing.

own Country. The air of Holland owes its unwholsome quality to ~~it~~ moisture, ~~It is~~ combined with Cold. It is to Obviate the effects of both, that the Dutch are obliged in the evening to increase their clothing - for at that time the moisture abounds most in their Atmosphere. A Cold acts more certainly upon old, than upon young or middle aged persons. It has often been remarked that very cold Spells of weather (as they are called) in our City - that is, weather in which the mercury descends below 10 ° proves fatal to ~~old~~ very old people. They generally perish in their beds, probably from the want of a sufficient quantity of bed Clothes. ~~to~~ Drunkards are more affected by

Cold than sober people. Three men notorious for drunkenness, died in the Course of six weeks in the Winter of 1794. 1. 2 during the Coldest week in January. There is a great predisposition in Drunkards to be affected by Cold, & hence we sometimes observe them to be chilly even in moderate Weather.

11 Cold is more disposed to produce disease when the stomach is empty than when it is full of Aliment, - Sailors who suffer from Cold are often predisposed to it from the long fasting to which cold & bad Weather at Sea exposes them.

12 Cold acts more certainly & more powerfully upon the System in the Sleeping than in the Waking State. It has been found that a Man dies in a Cold of 8°. or 9°. below

O, ~~both~~ when asleep; whereas a man
who is awake & in exercise will survive
a degree of Cold 30° below O. The more
frequent Attacks of fevers in the night
than at any other time is to be ascribed
chiefly to the greater influence of Cold
upon the body in a Sleeping than in a
Waking State.

13 Invalids who are ~~patients~~ afflicted with Debility, accompanied with the Shortness of Breath
or Chronic ~~Diseases particularly of the Nerves~~ Diseases, are always predisposed
with weak
to be injured ~~by~~ by Cold.

Upon reviewing the morbid effects of Cold
we cannot help being struck with this
number, & Violence, and the misery that is
connected with them. Perhaps there is more
Animal Suffering from
14 ~~The morbid effects of Cold~~ Cold is more hurtful in the human

From what has been said ~~you will then~~
~~= deduct the reason why the disease of the~~
~~four~~ of the influence of Cold Climates
upon the body in producing diseases, but
~~of the four seasons of the year. Hy~~ not
you will be able to account for the
Variety and changes in the diseases of
the four Seasons of the year.

& Autumn when the body is impregnated with putrid miasmata than at any other time. I have twice seen several hundred persons indisposed with fevers from the cold (in which the mercury fell between 28 & 30°) of a single night preceding a hot day in the month of August, who would have felt scarcely a slight catarrh from the same change in the weather in the months of June, or November.

In reviewing the morbid effects of cold, we cannot help being struck with this number & violence, and the misery that is connected with them. Perhaps there is more animal suffering from cold than from any other cause. The whole brute creation groans under it, & millions of animated creatures perish from it every year. But to man it is hurtful & destructive in a high degree. Who can calculate

the pains and distresses of Sailors, Soldiers & the laboring poor from this Cause? — how numerous and fatal are the diseases induced chiefly by its simple Operation! and but still more numerous & fatal are its effects when combined with moisture and excrementa! It may be considered as the exciting cause of nearly all disease has been strangely overlooked in the inventory of human evils, but I believe: It: — give the facts that have been enumerated, authorize us to assert that there does not exist upon our globe a greater physical enemy to the life & health, and life of man than Cold. — The effects of But numerous, distressing and fatal as cold have been represented to be, they do not exist by an invariable law of nature. Where men live agreeably to reason

The Deaths in Petersburg are said to be 1 Male in 9, and 1 female in 13 annually ~~After they pass the~~ between the 20th & 25th years of life, and most of them from the intemperate Use of Brandy disposing to fevers. These fevers are 1/4 pleuritic 1/6 consumptive & 1/3 common fevers making 5/7 of all who die } malignant.

health & longevity are nearly as common
in Cold as in warm Countries, and were
in those Countries where they are not so,
it is probable ~~they are~~ diseases are induc-
-ced, and life shortned by the excessive use
of ~~Diseases~~ ardent Spirits, Animal food &
dancing which are resorted to, in order to
counteract the effects of Cold. Thick Walls
double Windows, and ~~fi~~ close stoves in the
house, and fires, and foot stoves in the
open air, afford an ample protection from
the Cold in Canada and Russia. This is
so much the case, that Dr Guthrie tells us
~~that Captain Coxe~~ the Calash is
unknown in the latter Country in their seve-
-rest Winters. ~~Some~~ Natives of the
middle States who pass a Winter in Canada

apone no they suffer less from the cold there, than in this our country.

Nor is a Climate such as that of the Southern parts of Europe and of the United States in which the Thermometer is constantly fluctuating between heat & Cold unsparily unhealthy where the inhabitants accommodate their dresses and manner of living to the changes in the weather. ~~Nor~~ where persons objut to changing their Cloaths daily, or two or the trouble of three times a day, when the changes in the weather require it, they should wear cloaths warmer than is agreeable to them. By this means many people escape the diseases of middle & variable Climates.

Nor does moisture when combined with Cold, necessarily produce sickness. This is evident from the healthy complexions and robust habits of the inhabitants of Great Britain & Ireland. The morbid effects of this Union of ~~Cold~~ moisture with Cold are obviated by constant labor, suitable Clothing, - and the influence of habit upon the body. - ~~The remarks of~~ Dr Sydenham confirms this remark ~~of the~~ as well as the one made under the preceding head. He says most of the acute diseases of Great Britain are ~~the~~ produced by the ~~product~~ the want of sufficient Clothing ~~to~~ to protect the body from Cold. The same things produce or excite nearly all the acute diseases in the middle States of America. I have been called to many thousand people in- disposed

with fevers from wearing too thin Cloaths, or sleeping under too few bedcloaths, but never one person indisposed from an excess in the use of either of those Articles.

I shall conclude the history of the effects of heat, cold, moisture, Dryness &c upon the body, by repeating that none of them are hurtful when they are moderate. It is a moist atmosphere when not alternated with Dry weather for several months is not unhealthy. This has been taken notice of by Dr Winstringham in his account of the Epidemicks of Great Britain. The chief changes in the sensible Qualities of the Air that we derive all the Diseases that have been ascribed to them.